



State of Utah

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Environmental Quality

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## NEWS RELEASE

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### Residents near Fires should Limit Outdoor Activity

Residents living near the fires burning in south-central Utah should limit their outdoor activity as the air is deemed unhealthy.

The Utah Division of Air Quality has issued a health advisory for much of Utah, warning that the smoky air contains high levels of ozone mixed with fine particles that can aggravate the lungs.

“We are experiencing a double-whammy,” said Cheryl Heying, air quality director for the Utah Department of Environmental Quality (DEQ). “Hot temperatures have contributed to increased ozone and the fires are contributing to the particulate pollution that can irritate the lungs.”

Ozone and particulate pollution is most troublesome for people who have heart and lung disease, people with respiratory problems, children and older adults. Even prolonged exposure to unhealthy air in healthy adults can lead to lung damage.

Air quality officials recommend avoiding long-term exposure outdoors during the heat of the day. For instance, consolidate errands or exercise outside when temperatures are cooler in early morning or late evening. For more information on ways to avoid the pollution and things you can do to help curb the pollution, visit: <http://www.cleanair.utah.gov/>

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